

ABSTRACT OF THE DISCLOSURE

A recordable digital video disc preferably employable for information recording method using a laser beam having a wavelength of 600-700 nm, composed of a transparent disc substrate provided with a spiral pregroove, a recording dye layer placed in the pregroove, and a light-reflecting layer, arranged in order, wherein the recording dye layer has a thickness in the range of 40% to 90% of a thickness corresponding to an optical path which gives the first minimum reflectance, the optical path giving the first minimum reflectance being determined from a reflectance curve which is prepared using recordable digital video discs composed of the same disc substrate, the same recording dye layer having varying thickness, and the same light-reflecting layer.